

# Stress Free Study Breaks Focus of Thursday SWOSU IMPACT Session

12.04.2012

The IMPACT series of lectures presented by SWOSU's New Student Orientation continues with a presentation about stress-free study breaks this Thursday, December 6, at 8 p.m. in the Al Harris Library on the Weatherford campus.

Studying for final exams doesn't have to be stressful, and NSO's presentation by Shelby Unruh and Jessica Skinner will show students how they can participate in stress-busting activities, get helpful stress relief tips, and enjoy a healthy snack.

IMPACT is a series of events and presentations to help students succeed in all facets of life. The goal of the series is to equip students to be successful inside and outside of the classroom.

For more information, contact Unruh at 580.774.3233 or at [shelby.unruh@swosu.edu](mailto:shelby.unruh@swosu.edu).